

Outline

Where Things Can Go Wrong in Getting Kids a Good Night's Sleep
How – and Why – To Get the Information You Need to Intervene

Crash course in sleep architecture and circadian rhythms

Main classes of sleep disorders

Sleep-focused interview and screening questionnaires for kids and their parents

Get an accurate sleep diary for kids and teens – and know how to use it

Common Misconceptions About Sleep in Early Life
Create an Ideal Sleep Environment to Support Early Child Development

Top tips for working effectively with parents to improve kids' sleep

What type of sleep training is best?

Pros and cons of the family bed, and other family dynamics

How to differentiate nightmares from night terrors

Case study: 7yo with difficulty falling asleep due to ruminating about recess

From Early Bird to Night Owl
Late Childhood and Teenage Sleep

How to talk with kids about sleep and academic achievement

Educate kids and their parents about impulsivity, delinquency, and suicidality

Pediatric insomnia and its long-term consequences

Screen for obstructive sleep apnea in kids and teens

Case study: 9yo with obstructive sleep apnea discovered while on vacation

Tools for Increasing Sleep from Infancy to Adolescence
Interventions to Create a Healthy Sleep Lifestyle

What your clients and their parents can expect from sleep disorder treatment

Effective wind-down activities and limits to manage arousal

Use of light exposure to improve sleep and alertness

Cognitive techniques to help children challenge unhelpful thoughts and beliefs about sleep

Tailoring treatment for clients with sensory issues

What to do when pain interferes with sleep

Strategies to reinforce sleep health over time

Case study: 11yo with delayed sleep-wake phase disorders struggling with school hours

Clinical Considerations

When to consult a sleep specialist

How to include parents, siblings, and other family members

Communicating with other members of the treatment team

Safety and use of melatonin in children

Referral resources

Limitations of the research and potential risks

Live Webinar Schedule
(Times listed in Central)

9:00 Program begins

12:50-2:00 Lunch Break

5:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Sleep and Mental Health in Children and Teens

Behavioral Interventions to End Bedtime Problems and Help Kids Sleep

Live Interactive Webinar
Tuesday, November 7, 2023

Can't Attend Live? Get the On-Demand Training!



REGISTER NOW:
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Sleep and Mental Health in Children and Teens

Behavioral Interventions to End Bedtime Problems and Help Kids Sleep



- Effectively identify and treat the most-overlooked signs of sleep issues that can derail therapy
- Navigate bedtime and wake-up routines with science-backed strategies
- Quickly improve sleep for all types of sleepers, from early birds to night owls

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Here's What Your Colleagues are Saying about Dr. Darley



"Life changing!"
Kerianne D., SW



"Very important information which I will use personally and share with clients."
Elizabeth A., Counselor



"Excellent presenter! Excellent information!"
Jerome F., Psychologist



"I appreciated the very detailed handouts...an excellent resource for clients."
Beth M., MFT



"Dr. Darley really knows her stuff."
Jill R., Physician Assistant

Sleep and Mental Health in Children and Teens

Behavioral Interventions to End Bedtime Problems and Help Kids Sleep

It's not just fatigue and decreased energy. **Sleep deprivation can have serious negative effects on kids' behavior, performance, and relationships.**

It can show up as inattention, hyperactivity, and impulsivity ... poor grades ... irritability and argumentativeness ... conflict with siblings and friends ... mood and anxiety symptoms ... lack of energy for sports and other activities.

Miss a sleep disorder and you may misdiagnose your client. If you don't address sleep, you'll be unlikely to shift your clients into the relief they deserve - leaving them exhausted and struggling.


Join Catherine Darley, ND, a leader in integrative sleep medicine who has helped people of all ages **sleep well without medication**, in this dynamic 1-day seminar designed to help you:

- **Customize an ideal sleep environment** for children and teens
- Get accurate and useful sleep diaries to plan treatment
- Transition kids between awake and asleep using **wind-down activities, light exposure, and cognitive strategies**
- Include the family in treatment, and weigh in on issues like sleep training strategies and co-sleeping arrangements
- **And much more!**

Register today to get the skills you need to make your treatment plans more effective and get the kids in your practice the rest they need!

Objectives

1. Analyze the relationships between insufficient sleep and cognitive and emotional problems in children.
2. Integrate an understanding of sleep architecture and circadian rhythms into case conceptualization of clients' sleep-related complaints.
3. Conduct a sleep-focused clinical interview with child and adolescent clients.
4. Analyze data from children's sleep diaries to plan treatment.
5. Employ arousal reduction strategies to improve sleep outcomes in children.
6. Devise strategies to include family members in a plan to improve young clients' sleep.



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Meet Your Speaker



Catherine Darley, ND, is a leader in integrative sleep medicine. She founded The Institute of Naturopathic Sleep Medicine, Inc in 2003, and since then has helped people of all ages sleep well using behavioral and naturopathic approaches for sleep disorders. Her expertise lies in profoundly effective lifestyle and behavioral change based on the deep understanding of principles of sleep and circadian physiology. Behaving in accordance with these principles allows patients all the benefits of a good night's sleep, without the negative side effects of pharmaceuticals. She is an expert and dynamic speaker, teaching a wide range of groups through engagement, storytelling, and with a clear explanation of the mechanisms of disease and treatment protocols. Dr. Darley is published in professional journals, has been quoted in several popular magazines, and appeared on TV to share her sleep knowledge.

Speaker Disclosure:
Financial: Catherine Darley has employment relationships with the Institute of Naturopathic Sleep Medicine, Inc and Wellspring EAP. She is a consultant with Symphony Natural Health. Catherine Darley receives a speaking honorarium and recording royalties from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.
Non-financial: Catherine Darley is a member of the Sleep Research Society.

Target Audience:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Case Managers
Physicians • Physician Assistants • Nurses • Occupational Therapists
Occupational Therapy Assistants • Teachers • School Guidance Counselors
Educational Paraprofessionals • School Administrators
Other Helping Professionals Who Work with Children


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This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Nurses, Occupational Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.


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QUESTIONS

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TAXES AND SHIPPING

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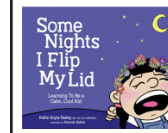
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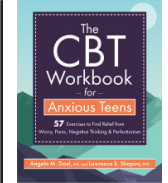
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